

October 2021

Alzheimer Society

S A R N I A - L A M B T O N

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Celebrating October

Country Music Month

Stamp Collecting Month

Positive Attitude Month

International Coffee Day
October 1

World Space Week
October 4–10

World Teachers Day
October 5

**Columbus Day &
Indigenous Peoples' Day**
October 11

Wear Something Gaudy Day
October 17

Freedom of Speech Week
October 18–24

World Origami Days
October 24–November 11

Cranky Coworkers Day
October 27

**All Hallows' Eve or
Halloween**
October 31

Mission ImPASTable

In 1995, pasta producers from all over the world convened in Rome for the first World Pasta Congress. It was decided that October 25 would be designated World Pasta Day, a day to celebrate the versatility and sheer deliciousness of this global food.

In 2005, archaeologists' unearthed 4,000-year-old noodles from a site in China, confirming the belief that the Chinese likely invented the first pastas made of grain and water. These noodles were not like the dried, flour-based pastas we find at grocery stores today, but were made of millet, a grain more like rice than wheat. Does this discovery prove that the Italian merchant Marco Polo brought pasta from China to Italy in 1295? Not quite. While it is very likely that Marco Polo brought Chinese noodles and all kinds of Chinese artifacts back to Italy, pasta was already a common staple in and around the Mediterranean long before Marco Polo's travels east.

Historians think it is far more likely that Italy's famous pastas originated in the Middle East. Written records show that by the fifth century, Arabs were eating *itriyah*, a dough made of flour and water that could be rolled thin, cut into strips, dried, and reconstituted with water. Arab traders traveling the famed Silk Road could easily pack and store this nutritious staple. As the Arabs expanded westward into the Mediterranean, going so far as to conquer Sicily and southern Italy around the year 900, they likely introduced their version of pasta to the region.

In Italy, pasta became both a mass-produced food staple and an art form. Southern Italy's dry, sunny climate was conducive to the growing of hard durum wheat and allowed for the proper drying of long strands of pasta. Tomatoes, another southern Italian staple, would provide the base for many delectable pasta sauces. Innovative pasta makers would devise over 350 unique pasta shapes, each designed to hold and enhance its own sauce. Over centuries of culinary perfectionism, pasta would become a beloved food consumed on every continent of the globe, worthy of its own holiday.

Memory is Circular

Personal Story by: Heather Anne Wakeling-Lister

Memory is circular. Especially for my mother whose mind creates an alternate reality by gluing together slivers of memory before they're erased into holes of forgotten experience.

For the past 12 years, my husband and I have borne witness to Alzheimer's unrelenting progression of organ failure: stages of brain disrepair where time is no longer linear, memory defies logic, spatial concepts or cohesion.

"Mom!" I hear from the bedroom. "Mom!"

I enter knowing this is going to be another one of those moments. "Mom, I don't have to go to school today, OK?" I answer, "Yes, Louise that is fine."

"Mom, where are Mom and Dad? When are they coming to take me home?" I sigh. "Mom and Dad are up at Caddy Lake. They are on vacation and there isn't a phone. And you live here with us."

"OK" she says, satisfied for the moment.

I return to washing, cutting vegetables, simmering the bone broth, all efforts to put in as much nutrition as can be simmered into a pot.

"Mom!" she calls. "Yes, Louise what is it?"

"Mom, why are you putting the clothes in piles in the attic? Are we going to have to hide there? I'm scared. Is that where we'll hide when they come to take us, like the Japanese, to camps."

"Louise, it's OK, the war is over and we're safe. The clothes in the attic are only for storage."

"So, the Japanese are getting their homes back?"

"I hope so."

She asks, "What about our cousins?" I answer, "I don't know Louise, we'll have to wait for letters from Poland."

"Mom, why do you think they hate us so much?" I draw in a breath, "I'm going to make your lunch, maybe you can tell me later what you think."

Back in the kitchen, I realize how deep that memory is. I ask myself, how can I be 'Mom,' and yet she knows that her parents (long deceased) are away at the same time?

"Mom!" I re-enter her room. "I think I know why they hate us." She pauses. "It's because they don't believe that God's love can be shared."

And so, I return to the kitchen, and place chopped vegetables into the broth.

I admit that the early years of being a carer were a constant re-negotiation of my life. My husband's life. As mother's memory dissolved from understanding how to do mundane tasks, the acceptance of anticipating the inevitable certainty of "uncertainty" became our reality.

Other than a grandfather in Manitoba who had been institutionalized for aggressive dementia, all my elders led vital, and healthy lives, until illness came to claim them. Mother's early erratic behaviour was explained as grief, for when the love of her life died, something in her went with him. All the while, unbeknownst to me, while Dad had been coping with leukemia, he also had been silently covering, taking care of her "silliness." Before he died, Dad asked me to promise that I would, "Look after your mother." I said, "Yes."

My husband and I were to learn that caring for an infirm person is a 24/7, always on alert, no holds barred situation, where swaths of calm are quickly punctured with an emergency. Erratic behaviour, mood swings, the anger, tears, laughter, all cycle within minutes. And most often, none it makes any sense to the carer, who bears witness to the syphoning off of their loved one's mind, history and role. Small cuts of grief, one moment at a time.

For those caring for people with dementia, the erasure of their personal censorship offers carers opportunities to truly understand their loved one. Acts of forgiveness for past wrongs become possible with a fresh understanding of how a parent's childhood trauma effected their adult behaviour, and that with an empathic heart, God's love can be shared.



Topical Tuesday with Christine

Tips on Caring for Someone Living with Dementia

October 5th 3pm – Anxiety and Agitation

October 12th 3pm – Approaching with Thanks

October 19th 3pm – Hallucinations, Illusions, Delusions and Loose Associations

October 26th pm – Straight from the Source (care partner trick or treats)

Bonus Wednesday

October 20th 7pm – Understanding Dementia and Finding Your Way Program

Email Christine at

cwright@alzheimersarnia.ca to receive information on how to attend. If this time and date does not work for you, still email Christine and alternatives will be looked at. Individual or family educational sessions can also be arranged.

THANK YOU!

The Alzheimer Society of Sarnia Lambton is fortunate to have been selected to be awarded donations from the 100 Women Who Care group. This translates into approximately \$10,000 which will be utilized to support our Respite programs. We thank this wonderful community group that has been ingenious in pulling resources to support the work of charities throughout Lambton County. They are a great example of women giving back to their community and the power of collective giving.



A Story of a Family Living with Dementia

After being diagnosed with dementia a mother noticed her daughters trying to help her in many of her daily activities. While she understood her daughters were being kind and wanting to support her, she decided it was time to have a talk. She explained to her daughters that at times she would need their help, but they needed to be careful not to take everything over. If they did everything for her, that would not be good for her either. It can be hard to feel like people are hovering over you and watching for you to make a mistake. The mother explained it was important for her to still try.



The problem with stepping in and doing everything for us is, in actual fact, it disempowers us. ”

- Bobby, Dementia Advocate



A Handy Tip for Keeping Busy

Research has show that sensory stimulation is important for brain health, but like everything in moderation since over stimulation can cause responsive behaviours. When we think of the senses at first hand, touch is usually not the first thought of, but many people living with dementia receive comfort and a sense of well being when engaged in tactile activities. Picture yourself petting your favourite animal. Let's assume it is a dog or cat- who benefits from the petting? You also receive happy chemicals to your brain during this activity. There are lots of ways you can give a helping hand and introduce tactile activities. Here is a list of a few you can try your hand at, but you can also get very creative with the business at hand:



- Hold smooth rocks, pine cones and anything else safe to hold outside during a walk, or bring them in the house if a walk is difficult.
- Make a collection of different fabrics, fake fur, corduroy, velvet etc.
- Thick rope to tie in knots or rolling wool
- Fidget gadgets, balloons (can put more than air in them), squishy toys
- Finger painting
- Creating with clay
- Folding and sorting items
- Working with flowers
- Sand paper on wood
- Popping bubble wrap
- Hand massage with lotion
- Tactile quilt or twiddle muff from the Alzheimer Society (ask us more, we can give you a hand!) (sorry if the puns got out of hand ☺)



60 percent of people with dementia-related memory problems become lost at some point

For many people, getting lost happens without warning. Familiar surroundings may suddenly become strange to them. They get disoriented and are unable to find their way home.

Becoming lost isn't just distressing; it can be dangerous. Half the people with dementia who go missing for 24 hours end up seriously injured or dead. That's why it's so important that we offer assistance when we come across someone who seems lost or confused and for families to be prepared.

For further planning information please go to <http://findingyourwayontario.ca/>

Contact the Alzheimer Society to register yourself, or someone you care for living with dementia, with our local police services. It is better to do it sooner.



**Orange you glad
it's Autumn?
Happy fall y'all!**



September was world Alzheimer Month and September 21st is always World Alzheimer Day (WAD). This year McGill University was in charge of the WAD report.

Key findings from the report include:

- 75% of people with dementia globally are undiagnosed, equating to 41 million people
- Clinician stigma still a major barrier to diagnosis, with 1 in 3 believing nothing can be done
- 90% Clinicians identified additional delays/wait times due to COVID-19
- 33% of clinicians in our survey believe that nothing can be done about dementia so why bother

Key recommendations include:

- Healthcare systems globally should introduce annual brain health check-ups for the over 50s, facilitated by evolution in biomarkers science, with the opportunity to promote risk reduction strategies
- Governments globally must urgently start to measure and record diagnosis more accurately. Accurate measurement of diagnosis rates is the key to treatment, care and support, to healthcare system preparedness, and to challenging stigma
- Governments must prepare for a tsunami of demand for healthcare services as a result of global ageing populations, improved diagnostics, including biomarkers, and emerging pharmacological treatments

[Read full report here](#)

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

3	4	5	6	7	8	9
	Minds in Motion with Yoga 10am	Minds in Motion 10am – Grace United Topical Tuesday – 3pm Anxiety & Agitation		Minds in Motion 10am Musical Memories Terry - 2pm	Armchair Travelogue – 11am Paris Part 1	
10	11	12	13	14	15	16
	OFFICE CLOSED Happy Thanksgiving <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	Minds in Motion 10am – Grace United Topical Tuesday – 3pm Approaching with Thanks		Minds in Motion 10am Musical Memories Mari - 2pm	Movie Matinee – 1:30pm August Rush	
17	18	19	20	21	22	23
	Minds in Motion with Yoga 10am	Minds in Motion 10am – Grace United Topical Tuesday – 3pm Hallucinations, Illusions, Delusions and Loose Associations	Bonus Wednesday – 7pm Understanding Dementia & FYW	Minds in Motion 10am Musical Memories Michael Myers- 2pm	Armchair Travelogue – 11am Paris Part 2	
24	25	26	27	28	29	30
	Minds in Motion with Yoga 10am	Minds in Motion 10am – Grace United Topical Tuesday – 3pm Straight from the Source		Minds in Motion 10am Musical Memories Glenn & Max - 2pm		
31	<p>To join in the activities through zoom, you can click on the activity and it will link you automatically connect you, or type in the Meeting ID number that is found in the program description on the 2nd page.</p>					

Halloween

Social Activities and Education

Minds in Motion:

Monday (Peterborough AS Facilitating) - 30min exercise followed by 30min Yoga Session **Meeting ID: 930 2784 0781**

Tuesday Minds in Motion is in person only. REGISTRATION IS REQUIRED, NO DROP INS. Please call Vanessa to sign up.

Thursday @ 10am (ASSL Facilitating)

We will be doing the exercise portion of our Minds in Motion each session as well as some Trivia - virtually. The exercise is a mix of cardio, stretch and balance and is 45min in length. **Meeting ID: 966 9366 0340**

Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly.

Meeting ID: 928 5833 9938 Passcode 036639

Movie Matinee Friday, October 15th @ 1:30pm – August Rush

Synopsis: Lyla and Louis, a singer and a musician, fall in love, but are soon compelled to separate. Lyla is forced to give up her newborn but unknown to her, he grows up to become a musical genius. **Meeting ID: 993 955 4993**

Armchair Travelogue: 2nd & 4th Friday @ 11am

Sit back and enjoy travelling around the world from the comfort of your own chair. This month we will be visiting Paris in a two part series. Part 1 – Embracing Life & Art, Part 2 – Regal and Intimate **Meeting ID: 918 3860 1408**

Topical Tuesday with Christine: via Zoom web-conferencing (by computer or phone)

Tips on Caring for Someone Living with Dementia

Email Christine at cwright@alzheimersarnia.ca to receive information and link on how to attend.

If this time and date does not work for you, still email Christine and alternatives will be looked at. Individual or family educational sessions can also be booked.

We ask that you make sure when you participate virtually in exercise programs you take care to create a place that is clutter free and safe for you. Make sure you have proper footwear and the area is clear. Also, please only participate as much as your body feels comfortable – this is intended to be a program to gently move your body – so don't push yourself beyond what feels okay. If you'd rather not participate but want to just be here and watch, that is totally fine too!

Email Vanessa at vbarnes@alzheimersarnia.ca for more information.

Topical Tuesdays with Christine: Tips on Caring for Someone Living with Dementia

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Please join us for the all new

Kobo Digital Book Club

The **Kobo Digital Book Club** makes reading and digital literacy available to everyone! It's like a traditional book club, only it's digital 😊

Do you enjoy reading? Would you like to join a small group of like-minded people for a monthly discussion about an eBook read together? **It's completely FREE!**

Club members are provided a **Kobo Libra H2O eReader**, a subscription to **Kobo Plus**, and **simple instructions** on how to use the device and how to participate in virtual book club meetings. **No experience with technology is required.** We've got you covered!

To get involved, contact **Vanessa Barnes** from Alzheimer Society Sarnia Lambton at **519-332-4444** or by email, vbarnes@alzheimersarnia.ca.